

Tips for when you've lost your appetite

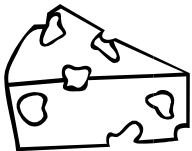
Have small, frequent meals and snacks. Eat at regular times even if you have to set a timer or alarm clock to remind you. **Don't skip meals.**



When you're too tired to eat...

Drink liquids that are high in nutritional value. Substitute fruit juices and nectars, milk, milk shakes, eggnog and nutritional supplements for coffee, diet soda or water.

Fortify foods whenever possible to add protein and/or calories. Use: **non-fat dry milk** in casseroles, baked goods (pancakes and cookies), soups, gravy



cheese melted on toast or in sandwiches; grated and added to soups, scrambled eggs and omelets, casseroles, canned spaghetti



peanut butter spread on celery, apple slices, crackers, sandwiches or toast

wheat germ in cereals, cookies, pancakes,

butter, margarine, mayonnaise, sour cream, cream cheese

Use fortified milk (1 cup non-fat dry milk added to 1 quart whole milk) for drinking and cooking. Use it in soups, cereals casseroles, gravy and sauces, pudding.

Cook hot cereals in milk or cream. Add wheat germ, peanut butter, honey and or/raisins. Serve with cream or fortified milk.



Spread crackers or toast with butter or margarine, peanut butter, cheese, jelly, honey or cream cheese instead of eating them plain.



Keep snacks such as nuts, dried fruit or candy around the house to remind you to eat. Keep a dishful by your bed or favorite chair.

Regular exercise helps stimulate appetite. Do as much as you can tolerate each day.

A cocktail or glass of wine about 30 minutes before a meal may help a lagging appetite (check with your doctor first). Choose a drink low in sugar (such as white wine.)



Eat in pleasant surroundings with good company. If you live alone watch TV, listen to the radio or read a book while you eat. Set the table attractively.

Keep the freezer and cupboard stocked with convenience foods for days you don't feel like cooking.



Make use of convenient appliances to ease food preparation: blender, microwave oven, food processor, toaster oven.